
“Festive Family Thanksgiving Cookbook”

Turkey

Tantalizing Leftover Turkey Ideas

Turkey leftovers round out family meals. After the dishes are cleared, slice off and remove all turkey from the bone and store in plastic wrap or airtight containers. Cooked leftover turkey will keep for up to 5 days in the refrigerator. But it will be long gone before that with these delicious recipes!

Try these fresh ideas:

Pack up a picnic lunch with turkey sandwiches and head off to a local park with the family.

Cold Turkey Salad Sandwich: Cut turkey meat into cubes. Add reduced fat mayonnaise, chopped celery, chopped red apples, salt and pepper. Variation: Add curry powder and raisins instead of apples. Serve on whole wheat bread or pita pocket.

Go for an afternoon walk or bike ride with the family and come home for a warm, hearty turkey soup or pozole.

Turkey Soup: Combine chopped turkey, chicken broth or water, spices and chopped vegetables. Bring to a boil. Lower heat, cover and cook until vegetables are done. Add curry powder for a new taste. Combine chopped turkey, chicken broth or water, spices and chopped vegetables. Bring to a boil. Lower heat, cover and cook until vegetables are done. Add curry powder for a new taste.

Pozole: Brown about 2 cups chopped turkey and minced onion in a skillet. Transfer to a soup pot and add a large can of hominy, chopped green or red chilies, water or chicken broth, a pinch of salt and pepper. Add additional chopped vegetables and spices as desired. Bring to a boil; cover and simmer over low heat for 1 hour. Serve with lime wedges and cilantro. Variation: About 5 or 10 minutes before serving add a pound of fresh or frozen spinach and mix and cook until heated.

More ideas:

Turkey Burritos or Tacos: Combine warmed shredded turkey with salsa and reduced fat cheese. Wrap in a flour or warmed corn tortilla.

Day After Pie: Cook a butternut squash, peel and cut into chunks. Process in blender until smooth with a small can of evaporated skim milk and 2 eggs. Add ¼ cup of left over cranberry sauce, a pinch of salt and pepper, and fresh or dried sage. Spread about 1 cup of shredded turkey in the bottom of a pie crust. Pour squash mixture over turkey and top with ¼ cup of shredded Parmesan cheese. Bake in a 350° degree F oven for 40 minutes or until a knife inserted comes out clean.

